



Cruisin' Colorful Colorado

Detailed Rules and Registration Form

What is Cruisin' Colorful Colorado?

Cruisin' Colorful Colorado is an 8-week activity incentive program to help you get more physical activity into your day, become healthier and fit, and have fun as you wind your way through nine of Colorado's most interesting attractions.

Do I actually travel to each destination in Colorado?

No. Cruisin' Colorful Colorado is a theme-based program. You will track the number of activity minutes each day and record that on the tracking form. No physical travel to the tourist attractions is necessary on your part.

What can I win?

Everyone who registers will receive a FREE Colorado road map once we receive registration form and payment. Besides improved health and fitness, everyone who completes the program will be entered into a drawing to win passes to the Royal Gorge, tickets for the Georgetown Loop Train Ride, or a \$100 Copper Mountain and Winter Park Ski Resorts Gift Card!

How does the program work?

Fill out the registration form below and mail your \$15 payment to The State Employee Wellness Center. Receive a log form and track your individual activity minutes along the Colorado route. Along the way you will learn about the history and facts of these Colorado attractions.

What are the program dates?

Registration Deadline: September 11, 2006

Program Begins: September 18, 2006

Program Ends: November 12, 2006

Who can participate?

All employees including spouses and/or significant others are eligible to participate in the program. We have designed the program so that regardless of your current activity level you'll be challenged but not overwhelmed. And with over 70 activities to choose from, you can decide what works best for you and move toward your goal at your own pace. You don't even need to belong to a fitness center!

What are the activity levels?

Casual Cruiser (Beginner): "My goal is to exercise **4 days** per week for **20 minutes** per session (80 minutes/week)."

Champion Cruiser (Advanced): "My goal is to exercise **4 days** per week for **40 minutes** per session (160 minutes/week)."

How do I register?

To set out on the road to improved health and fitness:

1. Complete the registration form before September 11.
2. Send your registration form and check payable to HEALTHBREAK or cash for \$15.00 to:
State of Colorado IDS Wellness Center 1001 E. 62nd Ave. Denver, CO 80216

What happens after I register?

After we receive your registration form, all participants will be placed on an email distribution list for the duration of the program. You will be emailed an initial welcome packet that includes the tracking form, list of activities, and rules that you will use for the program. Throughout the program, you will receive a weekly email that contains educational information, tips for success, reminders, and motivation.

What if I have more questions?

For answers to your questions, please call the State Employee Wellness Center at 303-866-2213.

Cruisin' Colorful Colorado Registration Form

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Participant Name: _____

Work Phone: _____

Please send my free registration gift, a Colorado road map, to the following U.S. mail address:

Please send my weekly information to the following email address:

Please select your activity level for the program (Check one)

- ☐ Casual Cruiser: "My goal is to exercise **4 days** per week for **20 minutes** per session (80 minutes/week)."
- ☐ Champion Cruiser: "My goal is to exercise **4 days** per week for **40 minutes** per session (160 minutes/week)."

How did you hear about this program? (Circle one)

Email Website Flyer Other: _____

Currently, how many days per week do you get 30 minutes or more of moderate activity? (examples include brisk walking, recreational swimming, free-weight or machine lifting, doubles tennis, biking 5-9mph) (Circle one)

0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

REGISTRATION DEADLINE: September 11, 2006

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